HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

All 4-H Pine Seedling order forms must be turned in by February 1. If 4-H'ers fail to turn them in at their meetings, they may mail them to: Appomattox Extension Office, P.O. Box 488, Appomattox, Va. 24522. All forms must have parent's signature. The pine seedlings will arrive about the end of March.

* * *

Cut out Bluebird Houses will once again be available from J. C. Sears & Co. in Appomattox. These birdhouses will sell for $1.10 each. 4-H'ers working on woodworking projects or wildlife projects will find these birdhouses will fit in well with their project. Bluebird houses should be painted a dark color or strained and put up by early March.

* * *

Appomattox County will attend 4-H Camp during the week of August 6 - 10 during the coming summer. Cost will be $34.00 per person. We'll have 4-H camp applications ready by mid-April.

* * *

The County 4-H Public Speaking Contest will be held Thursday, February 8, at 7:00 p.m., Appomattox Elementary School. Make your plans to attend.

* * *

The Annual 4-H Awards Banquet will be held next Monday evening in the cafeteria of Appomattox County High School. Over 200 4-H'ers, their families and friends will be in attendance as awards for outstanding project work in 1978 will be made.

Volunteer adult leaders will also be recognized for their contributions to the Appomattox 4-H program. Several 4-H'ers will provide special entertainment during the program and Laurie McLean will present a slide program on her recent trip to National 4-H Congress.

Tops News

The meeting was called to order by its leader, Susan Martin. The pledge was recited by the members.

In the past two weeks six ladies have joined the TOPS (Take Off Pounds Sensibly) group. One lady lost six pounds after one week on the plan. No names have been mentioned in this article because a lot of the ladies don't like everyone to know what they are doing. If a lady gives the O.K. her name will be mentioned.

On January 11, a new contest started. The one and only prize will be $30.00. The contest is based on pure weight loss. Fifteen (15) pounds, is the minimum that can be lost and win the prize. March 1, is the last weigh-in for the contest.

Los Smith had charge of the program for the week of January 11. Her topic was "Diet Ripoffs".

Elaine Carson and Dale Bryant gave a program on "Exercise" on January 18.

The next meeting of TOPS will be held on January 25, 1979. Fidelity Branch Bank. Weigh-in 6:30. Meeting 7:00. You have something to lose, so see you there.

Lois Smith, Reporter

Pamplin Ruritans To Attend Convention

Ruritan delegates from the Pamplin Ruritan Club will meet at the Stouffers-Cincinnati Towers in Cincinnati, Ohio, January 25, 26, and 27 for the annual Ruritan National Convention.

Ruritan, founded in Holland, Virginia and now the largest rural civic organization in the nation, celebrated its 50th Anniversary during 1976. The organization now has over 38,000 members in more than 1,375 local clubs in 31 states.

Horace W. Coleman, Jr., has been selected to represent the Pamplin Club as delegate to Cincinnati.

In addition to the election of officers for 1979 and other business matters, the delegates will be considering a major change in the Ruritan year to consolidate the year end for officers, finances and awards. The new Ruritan year would run from April through March for all major Ruritan activities.

All who attend the convention from the rural areas of America will have the opportunity to hear inspirational messages by Ty Boyd, Radio-TV broadcaster from Charlotte, N. C., and Purnell Bailey, writer of Los Angeles Times syndicated column, "Daily Bread" and enjoy fellowship and share insights on community problems

Rubber Bands, Paper Clips Pencils, Pens, Clipboards and Almost Everything Else You Need For Your OFFICE Can be found at THE TIMES-VIRGINIAN FRONT ENTRANCE-COURT ST.

Wreck Island Extension Homemakers' Club

The Wreck Island Extension Homemakers held their first meeting of the New Year on Wednesday, Jan. 17, at 11:30 a.m. in the home of Mrs. Marie Carson who served as hostess to the thirteen members and four visitors attending for a covered dish lunch.

Mrs. Ruth Carson returned thanks for a bountiful table of food members had prepared.

Mrs. Dixie Staten, president, lead the group in the Homemakers Creed.

Mrs. Virginia Davidson was accepted as a new member.

Mrs. Ruth Carson, Federation Goal Chairman, presented a reading, "Three Gifts - On Faith, Hope and Love.

The treasurer gave a report.

Mrs. Staten read the minutes of the January 9th Appomatox Extension Homemakers' Council meeting. She also read the County By-Laws and Constitution to members.

The 1979 Year Books were distributed to members and filled in for the year.

The Leader Training meeting for February is to be held on Thursday, January 25, 1979 at 10 a.m. at the Extension office. The program topic for February is Menu Planning and Meals for Ones and Two". Greeting cards were sent to the sick and bereaved.

For the demonstration topic was "Casseroles and Meat Substitutes", Mrs. Marie Carson served the group a "Squash Casserole", and a "Broccoli Casserole", she had prepared for this covered dish lunch.

The February meeting will be held in the home of Mrs. Helen McCraw on February 21, 1979. (time to be announced).

A demonstration on "Menu Planning and Meals for Ones and Twos", will be given by Mrs. Virginia Davidson.

Mrs. Tilden Lee, Secretary

Eating Well

by Mrs. Barbara L. Morlang, R.D., Ph.D., State Nutrition Consultant
Va. Dept. of Health

What Really Is the Best Tuna?

What makes tuna the "best" will depend upon whether you prefer it "straight," lightly flavored with lemon juice or garnish; or mixed in mayonnaise with onion and other accompaniments. If you eat it "straight" then you would probably prefer the tuna that tastes the best. If you like it mixed with other foods then the "best" may be the one that is easiest on your pocketbook.

Albacore is the most expensive type of tuna and comes in solid or chunk style. Light tuna comes in solid, chunk and grated or flaked. There are distinct flavor differences among the types of tuna and generally light tuna will taste stronger than the albacore. You may want to try the various type so that you will be able to recognize the differences and select the type you prefer.

Canned tuna is nutritious, convenient, and compared to the pocular hamburger or peanut butter sandwich, it is fairly low in calories. A three-ounce serving of tuna contains approximately 20 grams of protein. That's a little more than one-third of the Recommended Daily Allowance for an adult male, and more than half the allowance for a 7 to 10 year old child. A three-ounce serving of water-packed tuna contains only 109 calories (if oil packed-177), while a three-ounce serving of hamburger (without the roll) is 244. If you are concerned about fat content, don't be, because water-packed tuna is extremely low in fat and contains only 2.2 grams per serving (oil-packed) is about 10 grams). Whether packed in oil or water, most of the fat is unsaturated.

Back in 1974, Consumers Union reported that they "found either rodent hairs, moth scales or feather, insect, and maggot fragments in the VAST majority of brands" tested. Before 1974, few of the packers registered with the National Marine Fisheries Services' voluntary inspection program. Following the publication of Consumers Union's article, many packers registered for the program. Last year when Consumers Union again tested the tuna, they found only one sample that contained extraneous matter. However, they learned that most of the packing companies are no longer registered for the inspection program. Only Ralston Purina Company brands (Chicken of the Sea and Van Camp's) remained in the program.

Tuna that meets the established sanitary and quality standards guidelines may state on the label, "Packed, under Federal Inspection." Check your labels if you want to be sure that you are getting a quality food product. For additional information about tuna, you may want to read the January 1979 issue of Consumer Reports.

Janice Campbell

FHA Officer of Month For January

The FHA Officer of the Month for January has been active through all of the first semester. In December she sold donuts and oil lamps and went to the orphanage to help deliver Christmas gifts to the orphan our chapter is sponsoring. The officer of the month committee is happy to recognize our chapter treasurer, Janice Campbell.

Rocks

January 22 - Second ice storm in a week. Church services cancelled this week end. Many have no current around here. The radio called for snow on Saturday but we got ice instead. Driving conditions became treacherous. Many were busy getting trees out of roads on Sunday.

Many were shopping in Lynchburg last week.

The virus bug is still around visiting homes in spite of the weather.

Death saddened our community Thursday morning when news came that beloved friends and neighbors Mrs. Kate Dinkins of Roanoke and Mrs. Jennie Davis of Pamplin had passed away.

A very large crowd attended both funerals on Friday. Deepest sympathy is extended these families. They will be greatly missed.

Mrs. Margaret Tolley returned home from Lynchburg General Hospital on Friday afternoon. A speedy recovery is wished her.

Glad to hear Irene Whitehead of near Pamplin is back home from the hospital and doing well after surgery.

Sympathy is extended Mr. and Mrs. Harry T. Reed in the loss of their infant son, Jason Scott on Friday.

Mr. and Mrs. Jesse Harding and her sisters, Bee and Dorothy and brother Carl Ranson of Norfolk were up for the funeral of their aunt, Mrs. Kate Dinkins on Friday. They were overnight guest here on Friday returning home on Saturday.

Another snow Sunday night. No school at Appomattox Monday (today). The problem was not ice but a boiler at the school.

The Cabinet Shop in Pamplin suffered a big loss on Friday night from fire. The building was not completely destroyed. The Rocks Extension Homemakers Club will meet with Mrs. Louise Roach on February 1 at 7:30 p.m.

You can't take it with you.
Sometimes you can't even leave it behind.

Many widows, children, and even business associates are forced to sell part or all of their property to satisfy debts, costs of administration, and taxes against an estate.

Our Estate Analysis Program is a free service designed to review your plans, making sure they will accomplish your objectives.

Your local Virginia Farm Bureau Insurance advisor will be happy to discuss your individual needs with you; your family and your business associate.

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NOW OPEN
*See Insert 111 Lee-Grant Ave. Appomattox
Complete Income Tax And Bookkeeping Service For Individual, Farm, And Business Returns.
NEW HOURS:
Effective January 11, 1979
Mon. - Fri. - 10:00 A.M. - 6 P.M.
Saturday 10:00 A.M. - 2:00 P.M.
Phone 352-5522
For Appointment

INCREDIBLE VALUES

1978 CHEVROLET
Caprice Landau Coupe - Green - Green Vinyl Top - Green 50/50 Custom Velour Seats - Power Seats - AM/FM Stereo W/Tape - Cruise Control - Power Windows - Power Door Locks - Tilt Steering Wheel - Luggage Compartment Trim - Litter Container - Only 9,000 Miles - Better than new

1978 CHEVROLET
Camero Sport Coupe - Black - Red Vinyl Seats - AM/FM Stereo W/Tape - Air Conditioned - Rally Wheels

1977 CHEVROLET
Caprice - 4 Door - Green Buckskin Vinyl Top - Buckskin Vinyl Seats - Air Conditioned - AM Radio - Automatic

1977 FORD
Mustang - Blue - White Vinyl Top - Blue Cloth Seats - AM/FM Radio - 302 V-8 - Automatic - Power Steering - Air Conditioned - Like New

1976 CHEVROLET
Camaro Sport Coupe - Light Blue - White Vinyl Interior - Air Conditioned - Rally Wheels - AM/FM Radio - Only 14,000 Miles

1975 CHEVROLET
Monte Carlo Coupe - Black - Black Cloth Interior - AM/FM W/Tape - Bucket Seats - Console - Air Conditioned - New Tires

1975 CHEVROLET
Caprice - 2 Door - Landau Coupe - Blue/White Vinyl Top - Blue Cloth Seats - Cruise Control - Air Conditioned - Power Door Locks - Only 30,000 Miles

1974 CHEVROLET
Caprice - 2 Door - Beige - Brown Vinyl Roof - Beige Vinyl Interior - Automatic - Air Conditioned - AM W/Tape Deck

1977 CHEVROLET
Blazer 4 WD - Black - Buckskin Vinyl Interior - 305 V-8 - 4 Speed - Air Conditioned - Chrome Wheels - All Terrain Tires - AM/FM Stereo W/Tape Deck - Roll Bar

1977 CHEVROLET
El Camino Conquista - Green & White - Buckskin Interior - Air Conditioned - 350 4 BBL - V-8 - Automatic - Power Steering - Side Rails - Tonneau Cover - Rally Wheels - Cruise Control - AM/FM W/Tape - Blazer - Only 19,000 Miles

1977 JEEP
Cherokee - 4 Door - Orango - Saddle - Vinyl Interior - Air Conditioned - Chrome Wheels - AM/FM Radio - Luggage Rack

1976 FORD
½ Ton - 8 Ft. Body - Green - Green Vinyl Interior - 302 V-8 - Straight Shift Transmission - AM Radio - Step Bumper - Low Mileage

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Moses Street Appomattox, Virginia
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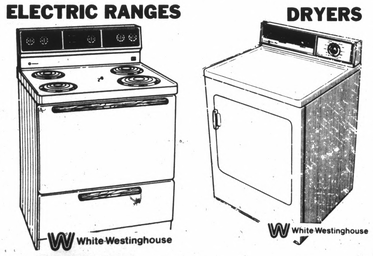
ELECTRIC RANGES DRYERS



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CALLED Communications
FOR WORK IN E.A. & F.C.
JANUARY 26
7:30 P. M.
Monroe Lodge
No. 301
LEE STREET
ALL MASTER MASONS FRATERNALLY INVITED.
L. RAY HUDSON, W.M.
C. M. FRANKLIN, SEC'T.

"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

Many are busily putting together information in order to adequately prepare income tax returns. There are three helpful publications available from this office that may help. "Farmers Income Tax Guide, Your Federal Income Tax - 1979 Edition and Tax Guide for Small Business 1979 Edition are the titles of the publications. There is no charge for them.

* * *

Charlie O'Dell, Extension Vegetable Specialist, tells me that there are three varieties of sweet corn that did unusually well last year in the varietal tests at Virginia Tech. You may like to put out a trial planting.

Pennfresh ADX - developed at Penn State University; main season yellow hybrid; tight tip covers on husks and very delicious quality.

The new early white - Quicksilver - stands early season cold soil; high quality early white.

Sweet Sal - very tough to cold weater; vigorous plants; exceptionally good quality; mid-season bi-color.

Charlie says these are excellent garden or commercial market sweet corns.

* * *

The twelfth annual Soybean Conference will be in Williamsburg February 8 and 9 at the Hospitality House. For Appomattox producers the Friday program is the part that will be most meaningful. It starts off at 8:45 with a 4 screen slide s und presentation titled, "We Be...ve in Agriculture." I've seen it - it's a tremendous presentation.

* * *

There will be an area Grain and Soybean Production and marketing Seminar in Farmville February 19th - 9 a.m. to 3 p.m. We encourage you to attend.

* * *

Next Friday, February 2, is the Annual Meeting of the Virginia Beef Industry. A number of Appomattox producers have indicated an interest in going. We'll leave from this office 8:00 a.m. Let us know if you are interested in pooling transportation.

* * *

This spring we expect to have several new vegetable varieties to put out on trial. If you would like to have some of the seed and make some observations, let us know - so we can request sufficient seed.

* * *

Last week I received an unusual invitation that started out something like this - -

On behalf of the President, I am pleased to invite you to a briefing on agriculture - related aspects of the President's decision to normalize relations with the People's Republic of China.

It's not often that such invitations come our way - - so we'll see what is being said about this subject.

* * *

PRECIPITATION:

Last Week	.95
This Month	3.81
This Year	3.81

Promise Land Church Meeting

The annual church meeting of the Promise Land Baptist Church will be held this Saturday at 12 o'clock. All officers and members are urged to be present. The program of work for the new year will be presented.

All representatives and workers in the Appomattox Assembly are asked to let the local council members know that the Assembly News paper will be issued to the communities on or before January 25. Please take time and read the entire issue. A special feature in this issue will be devoted to the memory of several leaders in local assemblies who are deceased. If you are late in receiving your paper, please get in contact with your local representative.

Plans are nearing completion on the booklet of the Mount Shiloh Centennial celebration planned for the first week in April. All local churches are asked to take an active part in the celebration by sending in complimentary or special information about their church and service.

The officers, members and friens are invited to attend the regular workship service at the Promise Land Baptist Church this fourth Sunday morning at 11 a.m.

Mrs. Alease Browder is improving nicely at her home after an operation in the Lynchburg General Hospital.

All members of Long Mountain Lodge No. 204 are asked to be present at the regular meeting this Saturday evening at 7 p.m. Brethern are reminded of their obligations.

Mrs. Calvin Elliott, of the Spout Spring Community, entered the local Lynchburg General Hospital for an operation last Sunday.

Mr. Tommie Davis, of Appomattox, is receiving special treatment in the Lynchburg General Hospital.

MONUMENTS
Are available in a wide variety of styles, materials, and sizes.
MAY WE BE OF SERVICE?
As you choose a fitting memorial to symbolize the love and devotion of your family's life.
Johnny C. Simpson
DAY PH: 352-5446
AFTER 6: 352-8009

Peter Pan Gold Hybrid Zinnia is a 1979 Bronze Medal All American winner. Peter Pan zinnias are only one-half the height of giant zinnias. They manage to support large blossoms and sustain flowering for months. Plants are 12 to 14 inches high at maturity. First blooms appear when the plant is only 6 to 8 inches high.

When grown where good air circulation can keep foliage dry, Peter Pan Gold will bloom up to 3½ inches in diameter and hold their color despite the summer sun.

Use Peter Pan Gold as a divider between taller flowers or for edgings to hide the legs of lanky - long stemmed flowers.

Five other colors of Peter Pan zinnias have won All American selection awards in past years and are widely available.

Mrs. Layne's 4-H Club

President Shawn Moore called thé meeting to order. Minutes were read by the secretary.

The meeting was then turned over to Mr. Sweet. We wrote some information on the board about 4-H bluebird houses and 4-H Camping. We also distributed some forms about public speaking. The group then discussed somethings they liked. The recreation leaders led the group in games.

Traci Moore, Reporter

Outstanding Young Farmer Named Runner-Up As Buckingham Family

Miami Beach, Fla. -- Henry and Dixie Wood, of Buckingham County, were named runners-up here this week as "Outstanding Young Farmers" from the nation's largest farm organization.

The recognition came during activities of the 60th annual American Farm Bureau Federation convention.

The couple was selected for the honors from among 35 contestants from as many states represented at the convention. In November, the Wood's were presented the state Outstanding Young Farmer award during the annual meeting of the Virginia Farm Bureau Federation.

The Wood's manage a large hog operation and raise corn and grain crops on their farm. Engaged in farming for 12 years, they currently operate on 600 acres of land, 315 of which they own.

The runners-up and other winners were presented before some 10,000 farmers and ranchers attending the AFBF meeting.

Judging for the award is based on a set of criteria which includes goals, management practices, community endeavors and commitment to farming.

Pamplin

Sympathy is extended to the family of Mrs. Richard Davis and Miss Kate Dinkins of Roanoke.

Mr. and Mrs. W. C. Dudley were in Blacksburg Monday and Tuesday where Mr. Dudley attended the staff meeting at Tech.

Mechelle Harvey
HERO CLUB STUDENT OF MONTH

The HERO Club student of the Month for January has been active in the HERO Club for two years. She sold Christmas cards and candy and also attended the Halloween Party at the Primary School She is serving as Treasurer of the HERO Club and Chairman of the Fund Raising Committee. The student of the Month for January is Machelle Harvey, the daughter of Mr. Clarence Harvey.

Mrs. Farmer's 4-H

Mrs. Farmer's class had their fourth 4-H meeting. At the beginning of the meeting we said the Pledge to the Flag and the 4-H Pledge. Then we played games when we finished playing, Mr. Sweet talked to us about Public Speaking. We got some pine seedling forms. At the end of the meeting we taped our voices on a tape recorder to practice saying our speech.

Debra D. Kelso, Reporter

"The difference in what you hear, is worth the distance that you drive."
BIBLE BAPTIST CHURCH
Appomattox, Virginia

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RESTAURANT OPEN
7 A.M. UNTIL 2 P.M. AND 5 P.M. UNTIL 9 P.M.
Horsdoeuvres
Buffet And Limited Menu Available
Meeting and Banquet Facilities To Accommodate 10-150 People.
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Ramada Inn 1500 MAIN STREET — LYNCHBURG, VA. 24505

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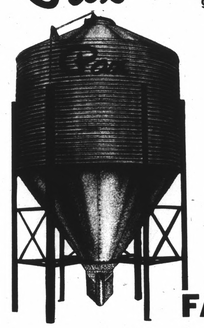
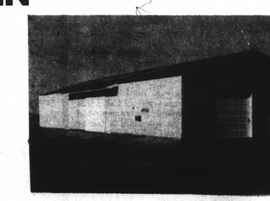


BINS

3.0 Ton Bin Boot Ladder	$ 558.37
6.0 Ton Bin Boot Ladder	$ 652.62
9.0 Ton Bin Boot Ladder	$ 746.88
12.0 Ton Bin Boot Ladder	$1,055.48
15.3 Ton Bin Boot Ladder	$1,181.08
21.9 Ton Bin Boot Ladder	$1,432.31
25.2 Ton Bin Boot Ladder	$1,546.22

FARM AND STORAGE BUILDINGS
MULQUEEN

50 x 50 x 12	$ 7,811.98
50 x 100 x 14'	$14,124.77
40 x 50 x 18'	$ 6,792.47
40 x 80 x 10'	$ 8,026.04
30 x 30 x 8'	$ 2,858.56
30 x 100 x 10'	$ 7,500.00
24 x 30 x 8	$ 2,164.62
24 x 40 x 12'	$ 3,073.06
24 x 60 x 10'	$ 3,972.27
24 x 10 x 8'	$ 492.19



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